

✓ Alcohol, Tobacco, and Other Drugs

The questions in this section ask students about their use of alcohol, tobacco products, marijuana, inhalants, cocaine, steroids, heroin, hallucinogens, and methamphetamines. The questions ask the age at which students first used alcohol, cigarettes, marijuana, cocaine, and inhalants and how often they use them now.

- **Alcohol Use** is a major contributing factor in one half to two-thirds of all homicides and serious assaults,²⁴ and approximately 40 percent of all motor vehicle crashes that result in injury.²² Approximately 100,000 American deaths per year are attributable to misuse of alcohol.²⁴ Heavy drinking among youth has been linked to physical fights, property destruction, academic and job problems, trouble with law enforcement authorities,²⁵ risky sexual behavior,²⁶ and use of cigarettes,^{27,28} marijuana, cocaine, and other illegal drugs.²⁷
- **Tobacco Use** is the single most preventable cause of death in the United States,²⁹ accounting for more than one of every five deaths.³⁰ Cigarette smoking increases the risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.²⁹ In addition, cigarette smokers are more likely than nonsmokers to drink alcohol, use marijuana and cocaine, engage in a physical fight, carry a weapon, and attempt suicide.³¹ Cigar smoking has become increasingly common among young people. In fact, the prevalence of cigar use in 2003 among US high school students was 20 percent among males and 9 percent among females.²⁹ Cigar smoking has been associated with lung cancer, coronary heart disease, and with chronic obstructive lung disease.³³ Smokeless tobacco use primarily begins in adolescence, with an average age of initiation of 16.7 years.³⁴ Approximately 75 percent of oral cavity and pharyngeal cancers are attributed to the use of smoked and smokeless tobacco.³⁵
- **Marijuana Use** is associated with smoking-related respiratory damage, short-term memory loss, decreased motivation, and psychological dependence.³⁶ More teens enter treatment with a primary diagnosis for marijuana dependence than for all other illicit drugs combined.³⁷
- **Inhalant Use** is the deliberate inhalation or sniffing of common products found in homes and schools, like glue and cleaners, and some gases intended for medical or dental purposes to obtain a “high”. Inhalant use can cause short-term memory loss, brain, lung, liver, and kidney damage, or even sudden death. Inhalants are legal, easy to get, inexpensive and difficult to detect, and experimentation typically begins in the preteen years.³⁸

✓ Alcohol, Tobacco, and Other Drugs (cont'd)

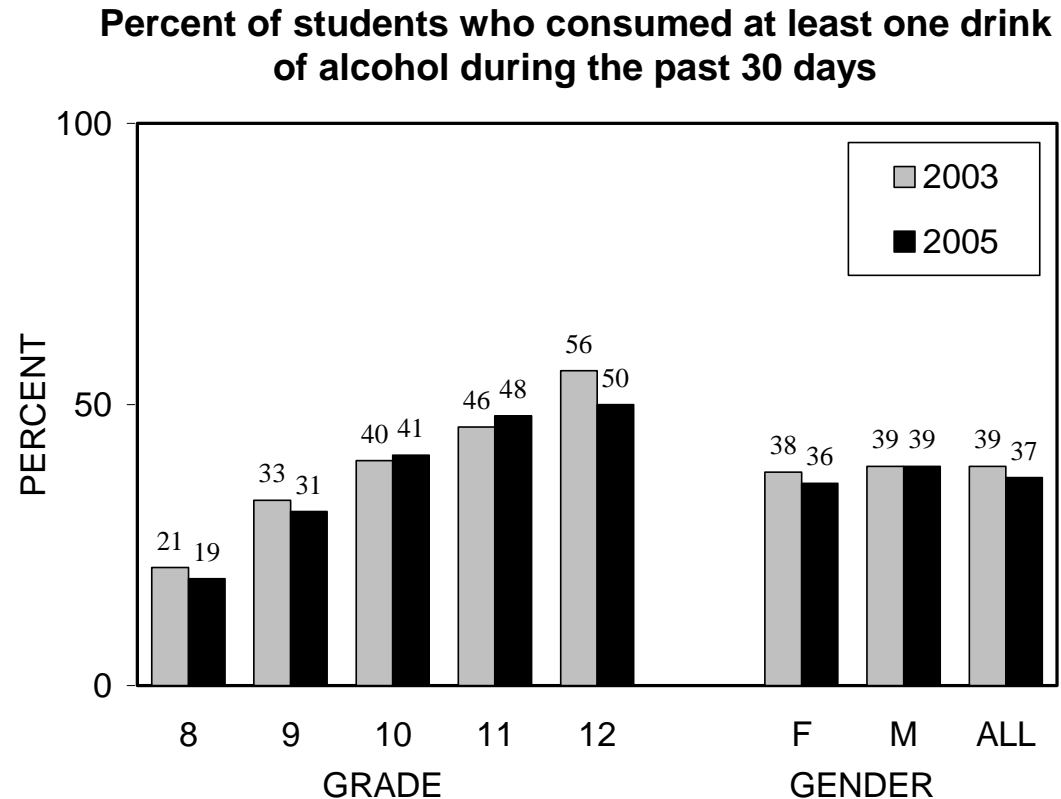
- **Other Drug Use** is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STD), including HIV infection.³⁹ In spite of improvements in recent years, illicit drug use is greater among high school students and other young adults in the United States than in any other industrialized nation in the world.⁴⁰

Related *Healthy Vermonters 2010* Goals:

- Reduce the percentage of youth who use alcohol prior to age 13 to 0 percent.
- Reduce the percentage of youth who engage in binge drinking in the past month to 3 percent or less.
- Reduce the percentage of youth who smoked cigarettes in the past month to 16 percent or less.
- Reduce the percentage of youth who used spit tobacco in the past month to 1 percent or less.
- Reduce the percentage of youth who smoked cigars, cigarillos, or little cigars in the past month to 8 percent or less.
- Reduce the percentage of youth who used marijuana in the past month to 0.7 percent or less.

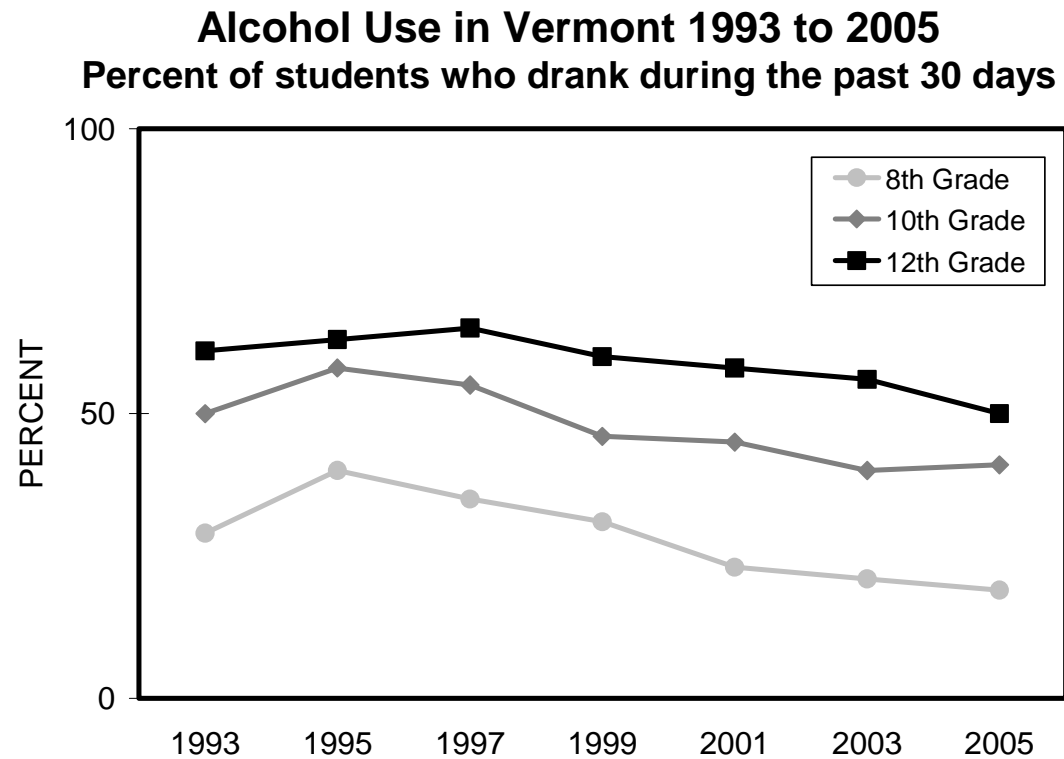
■ Alcohol Use

- **The majority of students do not drink.** Overall, 37 percent of students drank alcohol, compared to 39 percent in 2003, 43 percent in 2001, 46 percent of students in 1999, 50 percent in 1997 and 53 percent in 1995.
- **Alcohol use increases across grades.** More 12th graders than 8th graders drank alcohol (50% vs 19%).



■ Alcohol Use

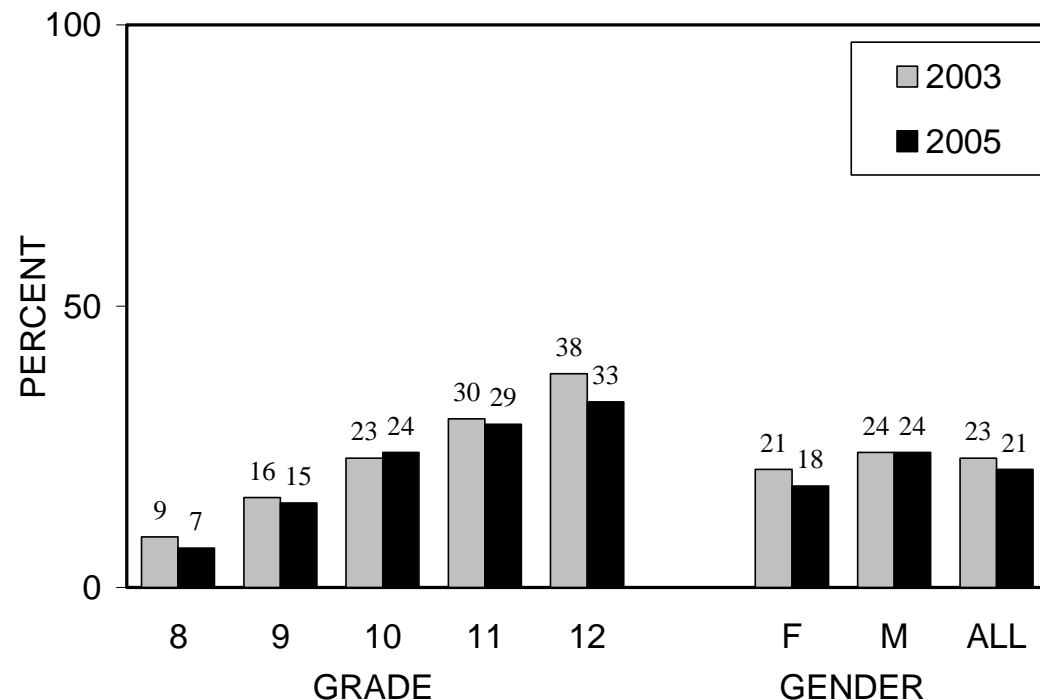
- **Less drinking.** Alcohol use among 12th graders dropped from 65 percent in 1997 to 50 percent in 2005. Alcohol use among 10th graders dropped from 50 percent in 1993 to 41 percent in 2005. Alcohol use among 8th graders dropped from 40 percent in 1995 to 19 percent in 2005.



■ Alcohol Use

- **Approximately, one out of five students binge drink.** Binge drinking is defined as having five or more drinks of alcohol within a couple of hours. Overall, 21 percent of students reported binge drinking during the past 30 days.
- **Older students binge drink more than younger students.** Twelfth graders were over four times as likely as 8th graders to binge drink (33% vs 7%). The difference between 12th and 8th graders was similar in 2003 (38% vs 9%).

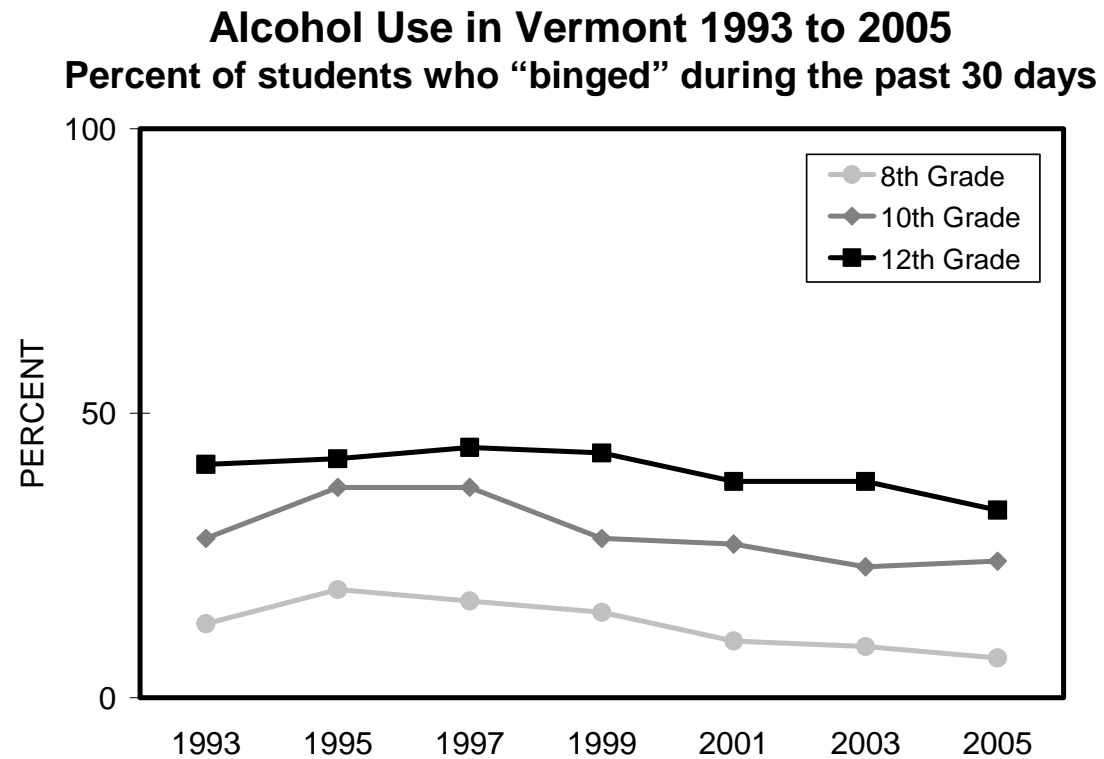
Percent of students who binged on alcohol (had five or more drinks of alcohol within a couple of hours) during the past 30 days



■ Alcohol Use

- **Binge drinking is decreasing.**

Among 8th graders binge drinking decreased from 19 percent in 1995 to 7 percent in 2005. Among 10th graders, binge drinking decreased from 37 percent in 1995 to 24 percent in 2005. Among 12th graders, binge drinking decreased from 44 percent in 1997 to 33 percent in 2005.



■ Alcohol Use

- **Over six out of 10 students have had a drink of alcohol.** In 2005, 64 percent of students had consumed alcohol, other than a few sips.

- **Females start drinking alcohol later than males.** Female students were less likely than male students to report consuming alcohol before age 13 (18% vs 26%). The difference between females and males was similar in 2003 (21% vs 28%).

- **Males drink more frequently than females.** Female students were half as likely as male students to have consumed alcohol on 10 or more days during the past month (3% vs 6%). The difference between females and males was similar in 2003 (4% vs 7%).

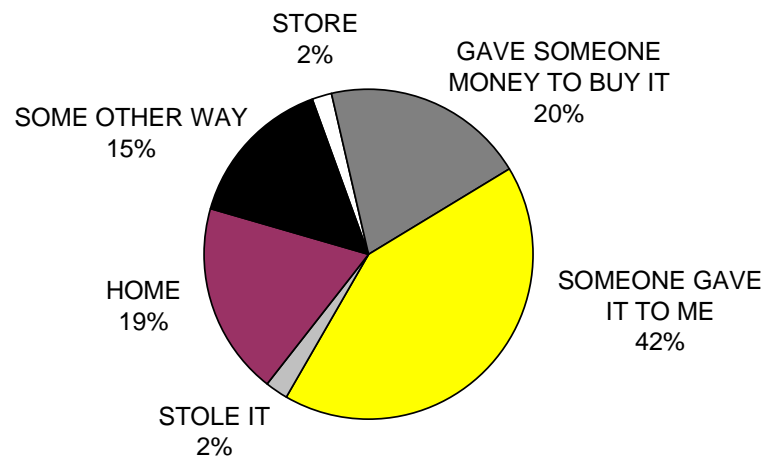
ALCOHOL USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who:									
Have ever had a drink of alcohol, other than a few sips	41	55	70	76	78	63	65	64	65
First consumed alcohol, other than a few sips, before 13 years of age	26	24	22	20	15	18	26	22	25
Drank alcohol on 3-9 days during the past 30	5	11	15	19	21	13	15	14	15
Drank alcohol on 10 or more days during the past 30 days	2	3	4	8	8	3	6	5	6
"Binged" on alcohol 3 or more days during the past 30	2	5	9	12	17	6	11	9	14
Drank alcohol <u>on school property</u> during the past 30	1	4	5	6	5	3	5	4	5

■ Alcohol Use

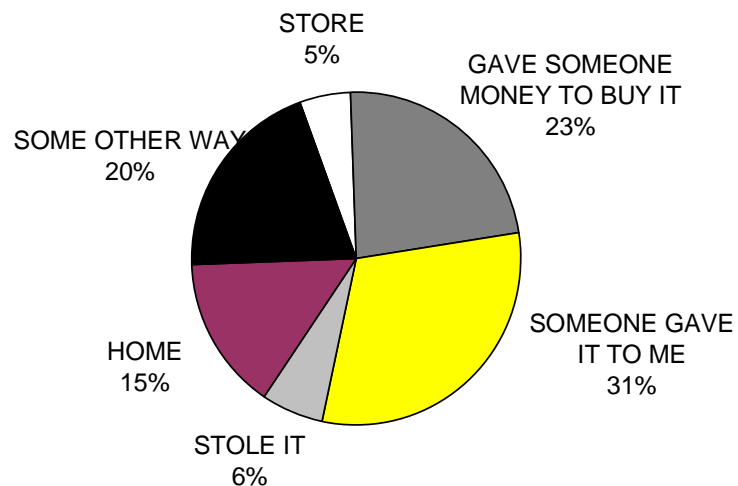
- **Most students obtain alcohol by someone giving it to them or by giving someone money to buy it for them.** Overall, 36 percent of the students who drank during the past 30 days reported someone gave them alcohol and 22 percent reported giving someone money to buy alcohol for them.
- **Some students obtain alcohol from home.** Among students who drank alcohol during the past 30 days, 19 percent of females and 15 percent of males got their alcohol from home (17% overall).

Where students get their alcohol
(only among students who drank during the past 30 days)

FEMALES



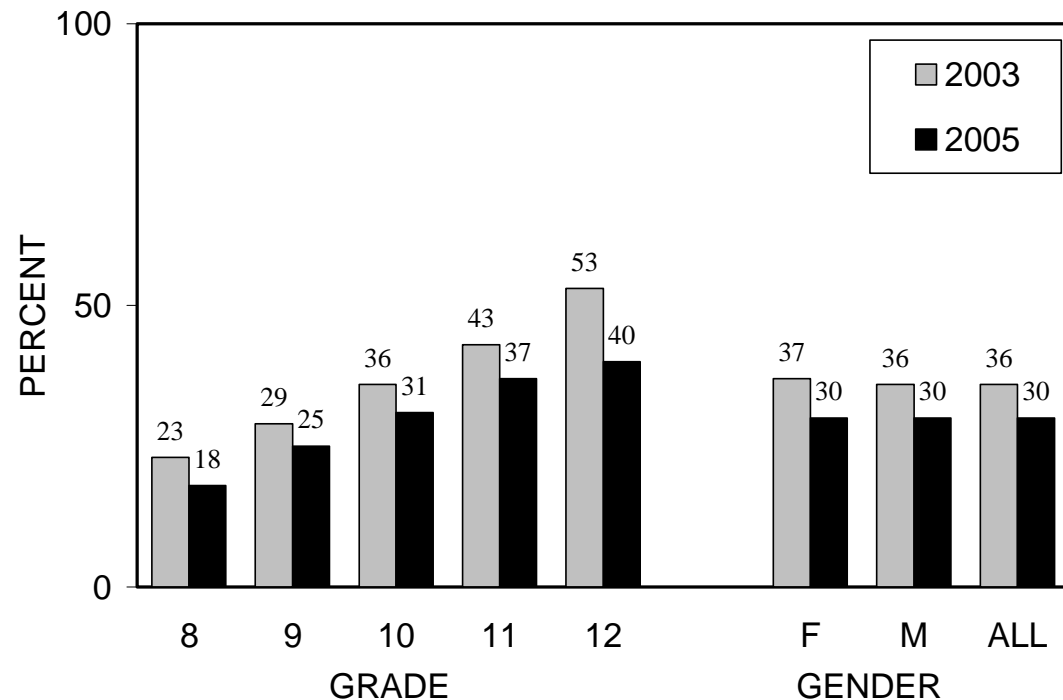
MALES



■ Tobacco Use

- **The majority of students have never smoked a whole cigarette.** In 2005, 30 percent of students had ever smoked a whole cigarette down from 59 percent in 1997.
- **More older students than younger students have smoked.** Over two times as many 12th graders have ever smoked a whole cigarette as 8th graders (40% vs 18%). This difference was similar in 2003 (53% vs 23%).

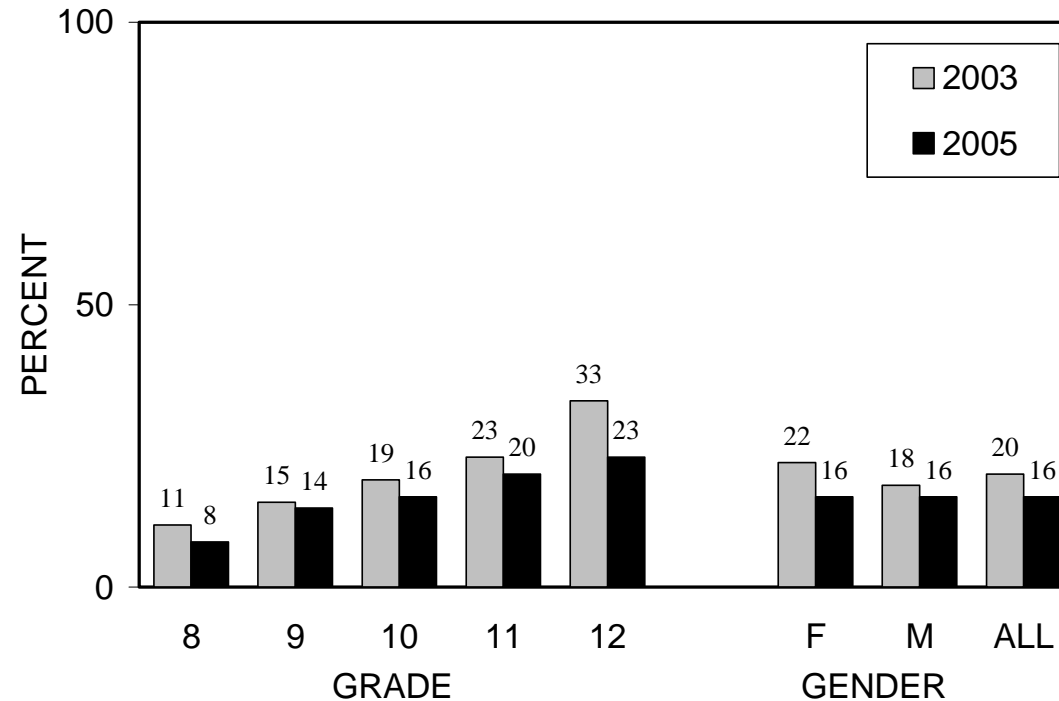
Percent of students who have ever smoked a whole cigarette



■ Tobacco Use

- **Smoking continues to decline.** Overall, 16 percent of students reported smoking at least once during the past 30 days, 20 percent in 2003, 22 percent in 2001, 31 percent in 1999, 36 percent in 1997 and 38 percent in 1995.
- **More older students than younger students smoke.** In 2005, 23 percent of 12th graders smoked cigarettes during the past 30 days, compared to 8 percent of 8th graders. This difference was similar in 2003 (33% vs 11%).

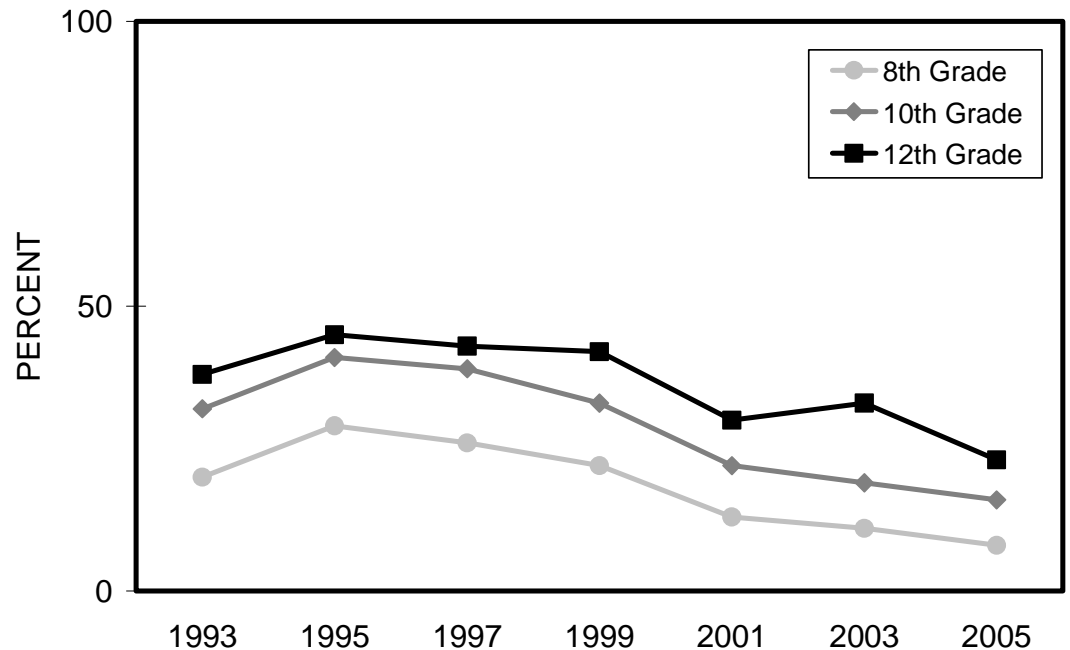
Percent of students who smoked cigarettes on one or more days during the past 30 days



■ Tobacco Use

- **Cigarette smoking is decreasing.** Smoking during the past 30 days increased from 1993 to 1995 and is now declining. From 1995 to 2005 cigarette use decreased from 45 to 23 percent among 12th graders, 41 to 16 percent among 10th graders and 29 to 8 percent among 8th graders.

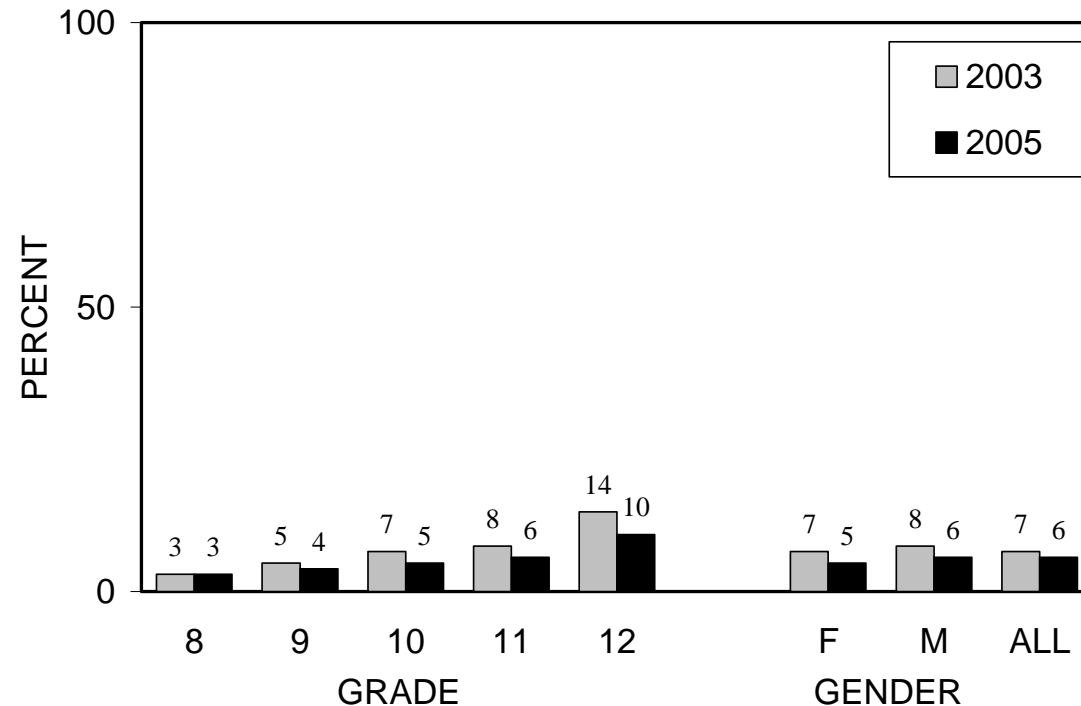
Cigarette Smoking in Vermont 1993 to 2005
Percent of students who smoked cigarettes during the last 30 days



■ Tobacco Use

- **Overall, 6 percent of Vermont students smoke daily.** Daily smoking among students has decreased from 13 percent in 1999 to 6 percent in 2005.
- **More older students than younger students are regular smokers.** In 2005, 10 percent of 12th graders smoked every day, compared to only 3 percent of 8th graders.

Percent of students who smoked cigarettes every day during the past 30 days



■ Tobacco Use

- Fourteen percent of Vermont students started smoking prior to age 13.
- Overall, 9 percent of all students reported trying to quit smoking during the past 12 months.
- More males than females chew tobacco. Male students were six times more likely than female students to chew tobacco (12% vs 6%).

TOBACCO USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who:									
Smoked a whole cigarette prior to age 13	13	15	14	12	13	12	15	14	18
Smoked more than 10 cigarettes on days smoked during the past 30 days	1	1	2	3	4	2	3	2	4
Smoked more than a pack on days smoked during the past 30 days	1	0	1	1	2	0	1	1	1
Tried to quit smoking cigarettes during the past 12 months	6	9	9	10	10	10	8	9	12
Used chewing tobacco or snuff during the past 30 days	4	6	8	9	8	2	12	7	5

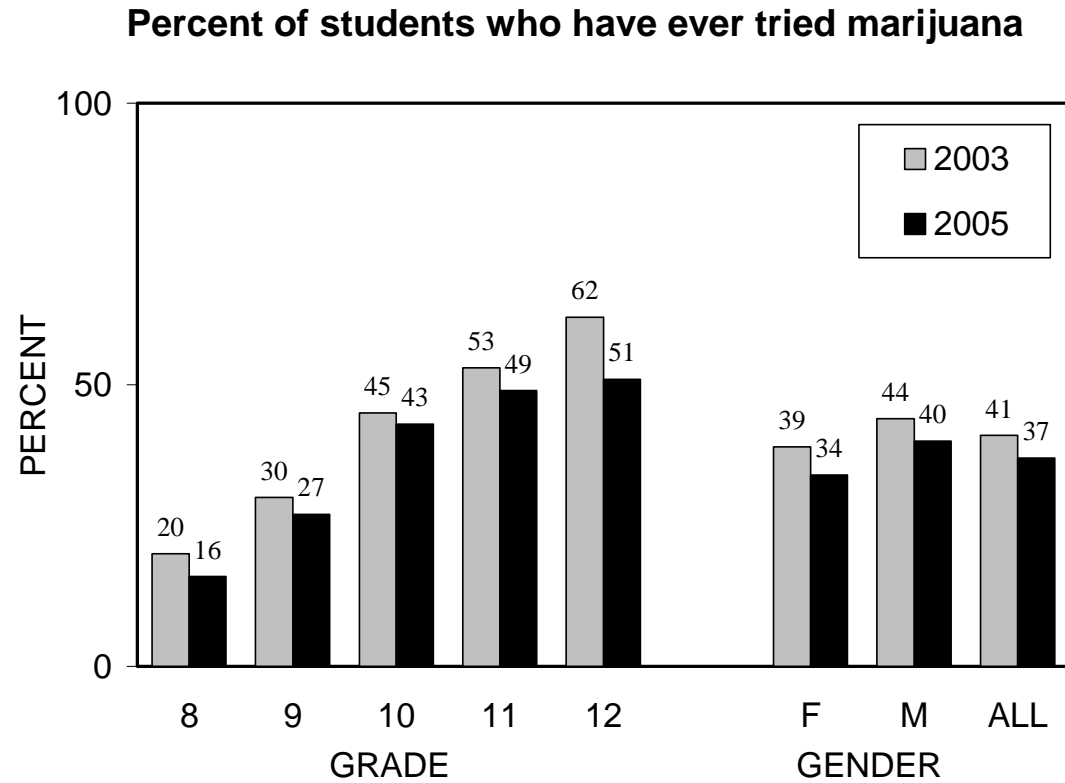
■ Tobacco Use

- Over half (52%) of Vermont students were in the same room with someone who was smoking cigarettes during the past 7 days.
- Overall, 39 percent of students were in a car with someone who was smoking cigarettes during the past 7 days.

TOBACCO USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who, during the past 7 days:									
Were in the same room with someone who was smoking cigarettes	49	53	52	53	55	53	52	52	54
Were in a car with someone who was smoking cigarettes	36	39	40	38	41	39	38	39	40

■ Marijuana Use

- The majority of students have never tried marijuana. Overall, 37 percent of students tried marijuana, down from 47 percent in 1999.

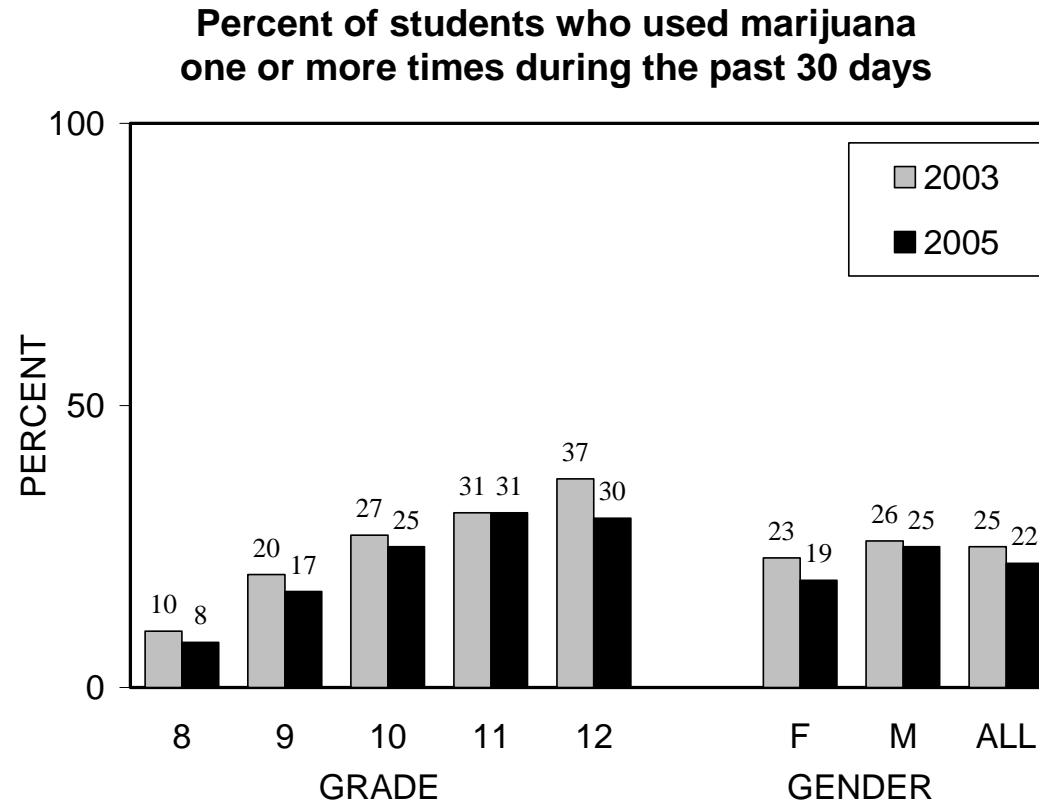


■ Marijuana Use

- **Over one-fifth of Vermont students use marijuana.**

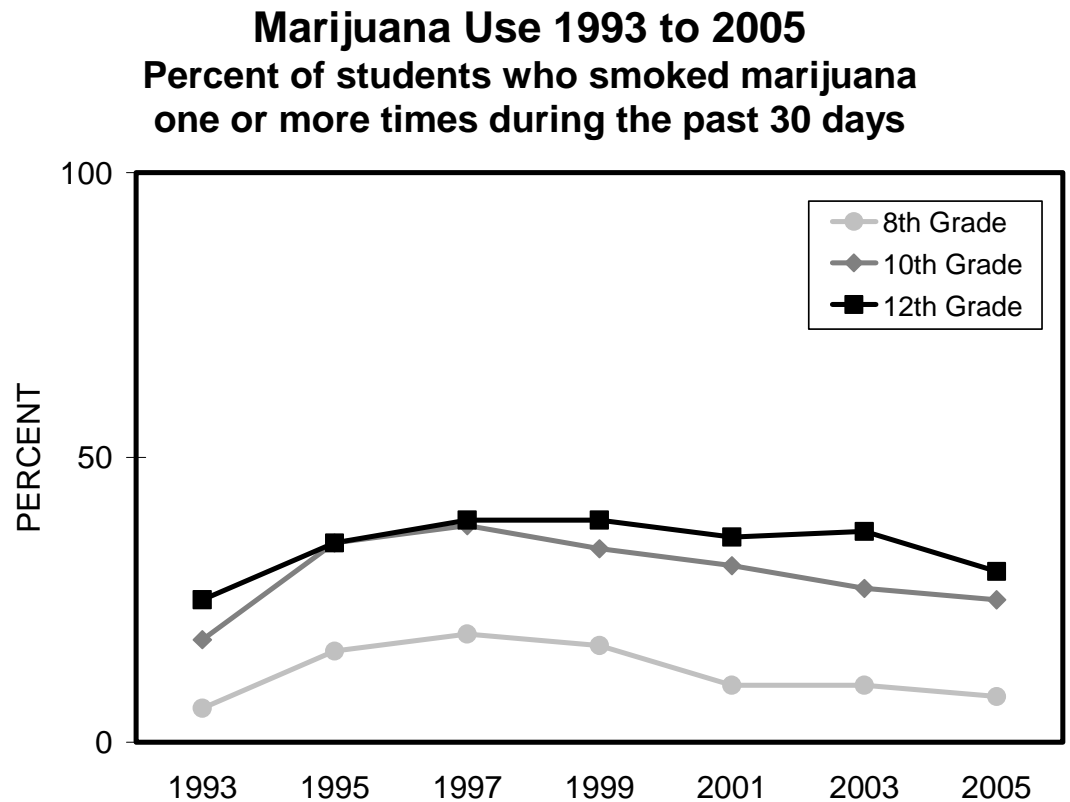
Overall, 22 percent of students used marijuana during the past 30 days, down from 32 percent in 1997.

- **More older students use marijuana than younger students.** Thirty percent of 12th grade students used marijuana, compared to 8 percent of 8th grade students. The difference between 12th and 8th graders is similar to results in 2003 (37% vs 10%).



■ Marijuana Use

- **Marijuana use increased from 1993 to 1997 but has begun to decline.** The percentage of students who used marijuana during the past 30 days increased from 1993 to 1997 and is now starting to decline.
- **Marijuana use is starting to decrease especially among younger students.** Among 8th graders, use decreased from 19 percent in 1997 to 8 percent in 2005. Among 10th graders, use decreased from 38 percent in 1997 to 25 percent in 2005. Among 12th graders, use decreased from 39 percent in 1997 to 30 percent in 2005.



■ Marijuana Use

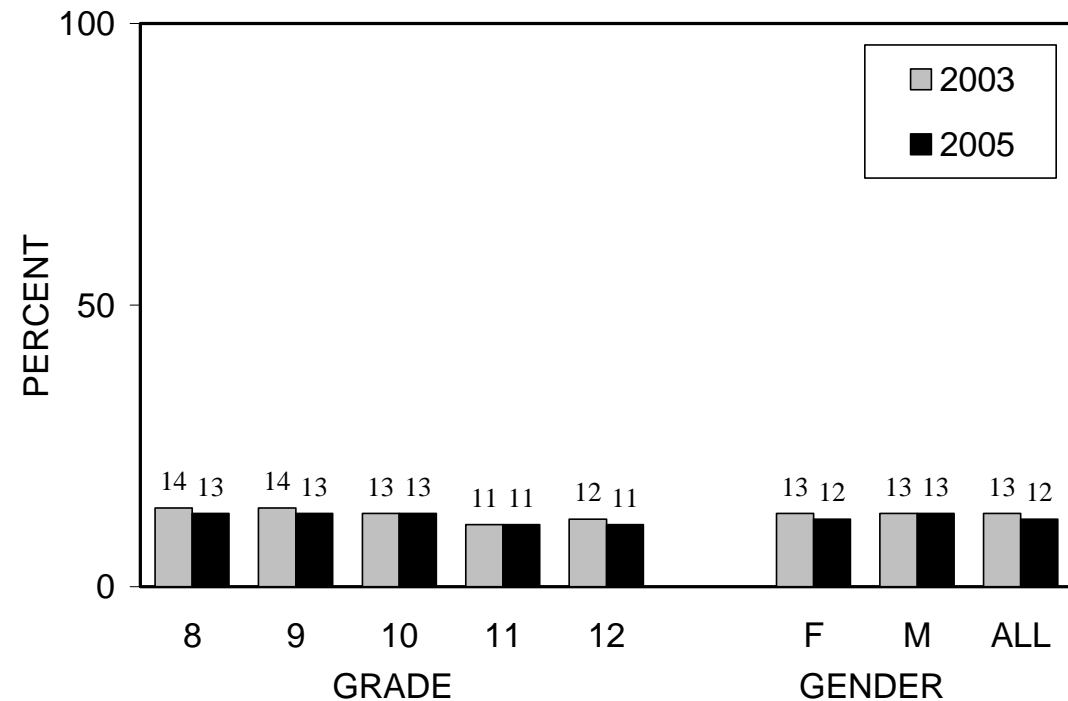
- Overall, 9 percent of students have smoked marijuana by age 13.
- Overall, 6 percent of students have used marijuana on school property.

MARIJUANA USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who:									
Tried marijuana before age 13	8	9	10	8	9	6	12	9	12
Used marijuana 3 to 9 times during the past 30 days	2	4	8	8	7	5	6	6	6
Used marijuana 10 or more times during the past 30 days	3	7	9	13	16	7	12	9	11
Used marijuana one or more times <u>on school property</u>	2	5	7	8	9	4	8	6	7

■ Inhalant Use

- **Inhalant use is down since 1995.** Overall, 12 percent of students tried inhalants, compared to 13 percent in 2003, 14 percent in 2001, 17 percent in 1999, 22 percent in 1997 and 27 percent in 1995.

Percent of students who have ever used inhalants (e.g., sniffed glue, breathed the contents of aerosol spray cans, inhaled any paints or sprays to get high)

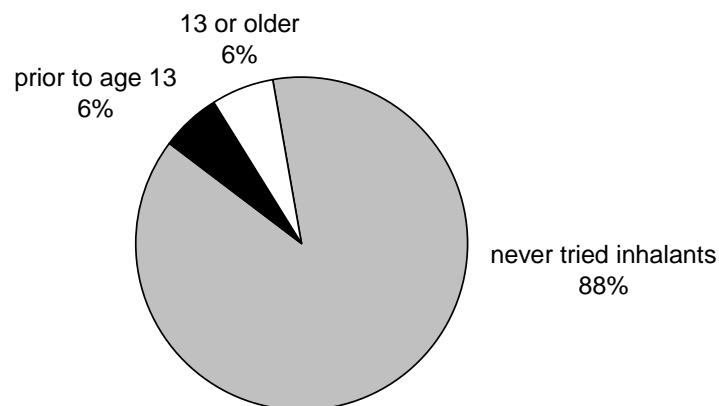


■ Inhalant Use

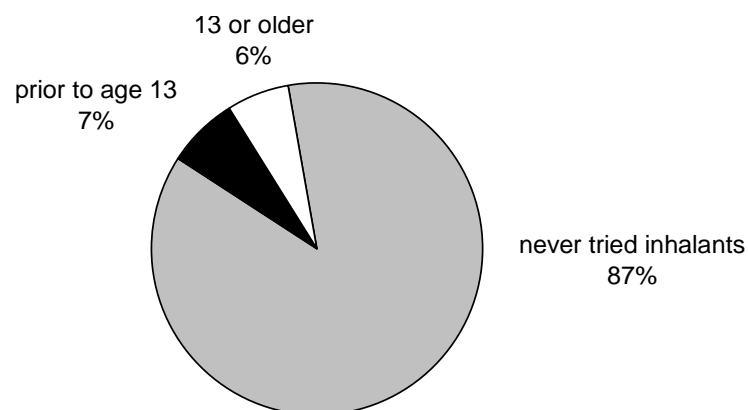
- **Half of students who have used inhalants tried them prior to age 13.** Overall, 6 percent of students used inhalants prior to age 13 compared to 6 percent of students trying inhalants at age 13 or older.

Age at which students first tried inhalants

FEMALES



MALES



■ Other Drug Use

- Overall, 6 percent of Vermont students have used cocaine. In 2003, 8 percent of students had used cocaine during their lifetime.

COCAINE USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who have used cocaine:									
During their lifetime	3	4	6	8	13	6	8	6	8
Prior to age 13	1	2	2	2	2	1	2	2	2
During the past 30 days	2	3	4	5	7	3	5	4	4

■ Other Drug Use

- Overall, 3% of Vermont students have used heroin.
- Less students are offered drugs at school since 1997. In 2005, 20 percent of students were offered, sold, or given an illegal drug on school property, compared to 26 percent in 2003 and 2001, 28 percent in 1999 and 35 percent in 1997.

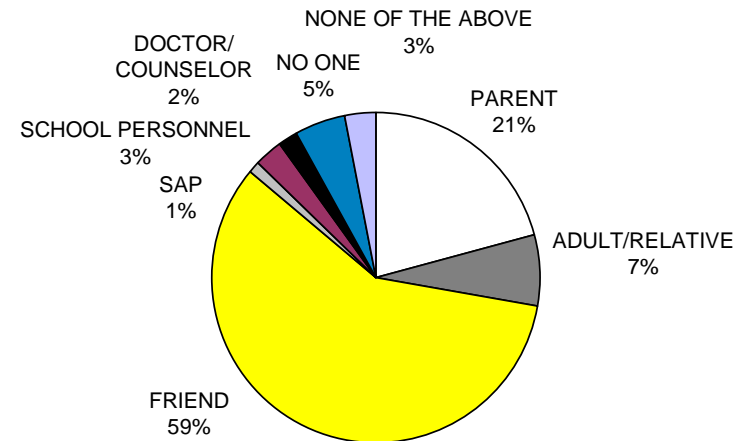
OTHER DRUG USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who during their lifetime have:									
Taken steroids without a prescription	3	4	4	5	5	4	5	4	5
Used heroin	2	2	3	3	4	2	4	3	3
Used heroin prior to age 13	1	1	2	1	2	1	2	1	1
Used methamphetamines	2	4	5	6	7	4	6	5	6
Used hallucinogens	4	6	10	14	18	9	12	10	12
Used a needle to inject any illegal drug into their body	2	2	2	3	3	1	3	2	2
Percent of students who were offered, sold, or given an illegal drug <u>on school property</u> during the past 12 months	9	20	24	24	24	17	24	20	26

■ Other Drug Use

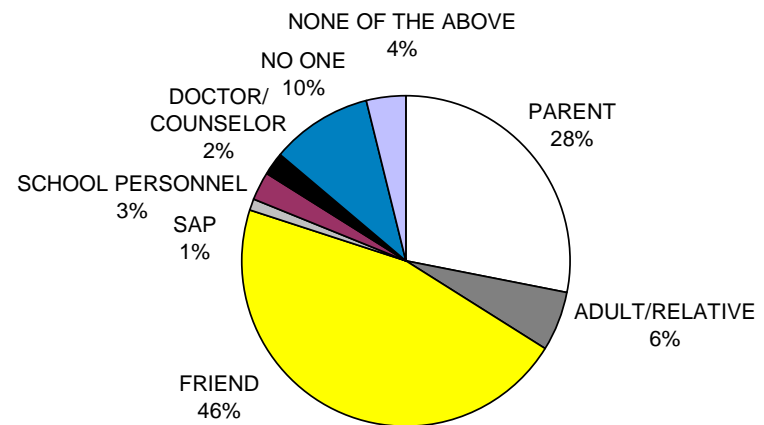
- Students are more likely to talk with friends than adults about a drug problem. Overall, 52 percent of students would most likely talk to a friend about a drug problem. Students would more likely talk to a parent than another adult about a drug problem.

If you had a problem with tobacco, alcohol, or other drugs, who would you be most likely to talk to about it?

FEMALES



MALES



✓ Attitudes and Perceptions about Alcohol, Tobacco, and Marijuana Use

The questions in this section ask students how easy it is to get alcohol, tobacco, and marijuana, whether they think it is wrong for someone their age to use alcohol, tobacco, and marijuana, how wrong their parents and other adults in their community think it is for someone their age to use alcohol, tobacco, and marijuana, how harmful they think it is to use alcohol, tobacco, and marijuana.

- **Disapproval of alcohol, tobacco, and marijuana:** Peer disapproval of substance abuse is inversely related to adolescents' reports of use. For example, multiyear tracking of the results of the Monitoring the Future Survey indicates that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases; similarly, an increase in the prevalence of marijuana use among youth during the early 1990s coincided with an apparent decline in the percentage of parents and peer expressing strong disapproval.⁴¹
- **Perceived harmfulness of alcohol, tobacco, and marijuana:** The perception of risk in using alcohol and other drugs is an important factor in decreasing use. Data have shown that as perception of harmfulness decreases, there is a tendency for use to increase.⁴¹ Therefore, it is important for youth to be informed of the risks of using alcohol, tobacco, and other drugs.
- **Perceived availability of alcohol, tobacco, and marijuana:** The more available alcohol, tobacco, and other drugs are in a community, the higher the risk that young people will use them. Even when youth just think that substances are available, a higher rate of use is often observed.⁴²

■ Disapproval of Alcohol, Tobacco, and Other Drug Use

- Younger students more than older students report that their parents think it is wrong for them to use alcohol, cigarettes, or marijuana. For example, 96 percent of 8th graders think that their parents think it is wrong for them to smoke cigarettes, compared to 84 percent of 12th graders.
- Disapproval of smoking cigarettes is increasing. In 2005, 78 percent of students thought it was wrong for kids their age to smoke cigarettes, compared to 72 percent in 2003, 65 percent in 2001 and 57 percent in 1999.

DISAPPROVAL OF ATOD USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who think their parents think it is <i>wrong or very wrong</i> for them to:									
Smoke cigarettes	96	93	90	89	84	91	90	90	89
Drink alcohol	84	82	77	70	63	77	74	75	78
Use marijuana	95	92	88	87	84	91	88	89	89
Percent of students who think it is <i>wrong or very wrong</i> for kids their age to:									
Smoke cigarettes	87	82	79	74	66	79	77	78	72
Drink alcohol	72	59	46	38	34	51	49	50	51
Use marijuana	84	72	62	55	54	69	63	66	62

■ Perceived Harmfulness of Alcohol, Tobacco, and Other Drug Use

- **More students think there is great risk in smoking cigarettes than in using marijuana.** Overall, 70 percent of students think that there is great risk in people harming themselves from smoking one or two packs per day compared to 47 percent of students who think that there is great risk in using marijuana regularly.

PERCEIVED HARMFULNESS	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who think that there is <i>great risk</i> in people harming themselves from:									
Smoking one or more packs of cigarettes/day	69	66	72	72	72	74	66	70	66
Drinking one or two alcoholic beverages nearly every day	28	25	24	24	24	31	19	25	23
Using marijuana regularly	64	50	44	39	34	54	41	47	45

■ Perceived Availability of Alcohol, Tobacco, and Other Drugs

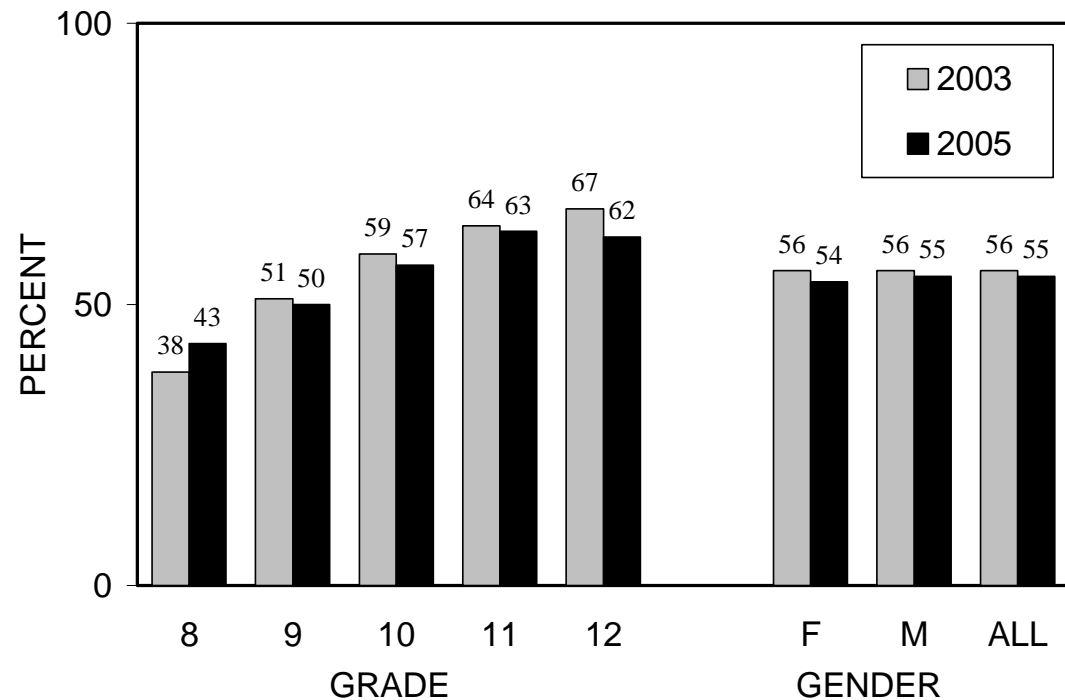
- **Alcohol and cigarettes are easy to get.** Approximately two-thirds of students report that alcohol (71%) and cigarettes (68%) are easy to get, compared to marijuana (58%).

PERCEIVED AVAILABILITY OF ATOD									
	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who report that it is <i>easy or very easy</i> to get:									
Cigarettes	43	58	71	82	89	67	70	68	69
Alcohol	55	64	75	80	82	71	71	71	70
Marijuana	28	50	65	73	75	55	60	58	61

■ Perceived Availability of Alcohol, Tobacco, and Other Drugs

- **Over half of students know an adult who uses illegal drugs.** Overall, 55 percent of students reported knowing an adult who has used an illegal drug during the past year.
- **More older students than younger students know an adult who uses illegal drugs.** In 2005, 62 percent of 12th graders reported knowing an adult who has used an illegal drug during the past year, compared to 43 percent of 8th graders.

Percent of students who know an adult who has used marijuana, cocaine, or another illegal drug during the past year.



■ Perceived Availability of Alcohol, Tobacco, and Other Drugs

- **Almost one-third of students know an adult who sells drugs.** Overall, 31 percent of students reported knowing an adult who has sold drugs during the past year.

Percent of students who know an adult who has sold drugs during the past year.

